



## **SOCCER/BOCCE**

*Unified & Traditional Bocce & Soccer*

Starting Date:	July 21, 2025
8- 10 Week Training Period:	July 21 - September 12
Area Tournaments:	August 16 - 23
Regional Tournaments: <b>Fargo/Bismarck</b>	August 23 - 29
State Tournament: <b>GRAND FORKS</b>	September 13-14, 2025

*\*Bocce doubles (unified & traditional) at Regionals. No singles or teams.*

## **BOWLING\* (No Handicap)**

Starting Date:	September 8, 2025
8-10 Week Training Period:	September 8 – November 1
Area Tournaments:	October 11 – 19
State Tournament: <b>MANDAN &amp; FARGO</b>	November 2, 2025

*\*15 games must be bowled for an athlete to qualify for the State Bowling Tournament.*

## **BASKETBALL**

Starting Date:	October 13, 2025
8-10 Week Training Period	October 13 – December 5
Area Tournaments	November 3 – 9
Regional Tournaments: <b>Jamestown/Dickinson</b>	November 10 - 16
State Tournament: <b>MINOT</b>	December 6-7, 2025

## **WINTER GAMES**

*Cross Country Skiing, Snowshoe, Unified Volleyball, Cornhole*

Starting Date:	January 5, 2026
8-10 Week Training Period:	January 5 – February 27
Area Games	January 26 – February 6
Regional Tournament: <b>Grand Forks/Mandan</b>	February 7-15
State Games: <b>VALLEY CITY</b>	February 28-March 1, 2026

## **SUMMER GAMES**

*Swimming, Track & Field, Powerlifting*

Starting Date:	March 23, 2026
8 -10 Week Training Period	March 23 – May 15
Area Games	April 18 – 24
Regional Tournament: <b>Valley City/Minot</b>	April 25 – May 3
State Tournament: <b>FARGO</b>	May 16-17, 2026

*\*Specific dates for entry deadlines and tournaments subject to change depending on State tournament dates*